

# LYNN COUNCIL ON AGING SENIOR CENTER



**July  
2014**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

*Really? Well that makes sense! Or now that you say it that way... or simply put, what?*

Someone was complaining about someone else leaving their stuff all over the place. They wanted me to do something about it and pretty much right away with instant results. This baffled me. In my busy day, how could I track this person down daily and convince him to stop leaving his stuff everywhere? And what is everywhere? It wasn't a hazard. It wasn't a sanitary issue. In all actuality, it's his stuff and doesn't he come back for it? I never see it later in the day. Why can you put your stuff there but he can't? Besides, each year, hundreds of trees grow because squirrels forget where they buried their nuts. They put stuff everywhere and don't come back for it! And always, look into everything- get all the facts... the stuff he was leaving behind was the newspaper he already read and he was leaving it for someone else. Sigh... Thoughts you can discuss among yourselves: If the iPhone is an Apple product, shouldn't the charger be called Apple Juice? Did you know Walt Disney was afraid of mice? The inventor of the waffle iron hated waffles. Thomas Edison was afraid of the dark! None of the Beatles knew how to read music. The chances of dying on the way to buy your lottery tickets is greater than the chance of winning!

Where is this going?

*~Stacey Minchello~*

## From Your Mayor

What a wonderful start to the summer we have had. I hope you are all enjoying the sun and warmth.

One event that is always a highlight of the year is the fireworks display along the waterfront, which will take place on Thursday, July 3. Lois Lane and the Daily Planets will perform from 7-9 p.m. and the fireworks display will follow. I hope many of you will be able to make it down to the beach for this festive event. Lynn Shore Drive and surrounding streets will close at 7:30 p.m. and remain closed until after the show.

Throughout the summer, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. Performers this month include Lexington Street Band on July 10, Mary Beth Maes Band on July 17, Shuffle Mode on July 24 and Brian Maes on July 31. There will also be a "Kids Day" event and concert on July 26 from 11 a.m. to 2 p.m. with the Toe Jam Puppet Band taking the stage at 1 p.m.

The popular Farmer's Market in Central Square is returning on July 3 and will be held every Thursday through October from 11 a.m. to 3 p.m.


On July 9 at noon, the Lynn Museum & Historical Society will host Steve Rima, who will help guide attendees on their search for their ancestors. Steve is a member of the museum's board of directors who has a passion for conducting research on family genealogy. This is a wonderful opportunity to learn more about your family's past.

Arts After Hours will put on weekend performances of Henry V, starting July 26 and running through Aug. 10, at High Rock Tower.

Also, for those of you who have not yet taken advantage, our weekday ferry service to Boston is continuing to run through Sept. 12. The ferry departs from the Blossom Street Extension ramp off the Lynnway and docks at Long Wharf in Boston, located off State Street.

Best wishes for a safe, healthy and enjoyable summer.  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625  
Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers**  
**Edmund Brown**  
**Albert DiVirgilio**  
**Daniel P. Hanlon**  
**Frank LaMacchia**  
**Lester McClain**  
**Charles Mitchell**  
**Frances Taggart**

Clerk  
Vice-President  
President

Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**  
**Linda Rosendahl**  
**Deb Small**  
**Cindy LeBlanc**  
**Virginia Calef**

President  
Vice-President  
Treasurer  
Recording Secretary  
Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## LYNN SENIOR HEALTH & WELLNESS FAIR

INGALL'S SCHOOL, 1 Collins Terrace, Lynn  
**Thursday, July 31<sup>st</sup> 9 am – 12 noon**

Free health screenings, prizes, and give-a-ways.  
*\*Farmers Market Coupons available for eligible Lynn Seniors.\**

*Must present proof of age and proof of eligibility.  
 Must be 60 or over and low income  
 Low income is demonstrated by Food Stamps, Supplementary SSI, Medicaid, Fuel Assistance, and Housing Assistance. Or at or below 185% of Federal poverty levels.*

## JULY HAPPENINGS

Trip sign-ups begin, Thursday, June 26<sup>th</sup>

Tues, July 1	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Weds, July 2	Independence Day BBQ - ticketed event		11:00 a.m. – 2:00 p.m.
Thurs, July 3	Field Trip: Kelly's Crème Ice Cream	\$2	11:30 a.m.
Fri, July 4	Independence Day		Center is closed
Mon, July 7	Field Trip: Salem Willows	\$2	10:30 a.m. – 1:30 p.m.
Tues, July 8	Blood Sugar <u>AND</u> Blood Pressure Clinic		8:00 a.m. – 9:30 a.m.
Tues, July 8	Field Trip: Castle Island	\$2	10 am – 2pm
Weds, July 9	<b>FOOD STAMPS OFFICE HOURS</b>		9:00 a.m. – 12:00 p.m.
Thurs, July 10	Lunch Trip: Seaport Grille, Gloucester	\$2	10:30 a.m. – 2:30 p.m.
Fri, July 11	Field Trip: Peabody Essex Museum/Willows	\$2	9:15 a.m. – 2:30 p.m.
	Free ticket to museum		
	Pack your lunch or eat at Salem Willows - leave museum at 12:30pm		
Mon, July 14	Field Trip: Richardson's Ice Cream	\$2	11:30 a.m.
Tues, July 15	FOXWOODS CASINO	\$27	7am- 6:30 pm
Weds, July 16	Field Trip: Castle Island	\$2	10 am – 2pm
Thurs, July 17	Field Trip: Chandler's Ice Cream	\$2	11:30 a.m.
Fri, July 18	BROWN BAG: BOSTON FOOD BANK		10:00 a.m. – 12:00 p.m.
Mon, July 21	Women's Group Meeting		10 am – 11 am
Mon, July 21	Ford School Garden Party		10:30 am
Tues, July 22	Field Trip: Treadwell's Ice Cream	\$2	11:30 a.m.
Weds, July 23	Field Trip: PROVINCETOWN DAY TRIP	\$10	6:30 am – 7 pm
Fri, July 25	Field Trip: Banana Boat Ice Cream, Revere	\$2	11:30 a.m.
Mon, July 28	Field Trip: Salem Willows	\$2	11:00 a.m. – 2:00 p.m.
Tues, July 29	Hearing Clinic Appointments		9:00 a.m. – 10:00 a.m.
Weds, July 30	Field Trip: Cherry Farms Ice Cream	\$2	11:30 a.m.
Thurs, July 31	Health and Wellness Fair at Ingalls School		9am – 12pm
Thurs, July 31	FRIENDS OF LCDA meeting ☺		10 a.m.

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# JULY 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p><b>ALL MEALS SERVED W/ BREAD AND 1% MILK</b> .....</p> <p><b>Requested Donation is \$2.00 per meal</b></p>	<p><b>1</b> Chicken teriyaki Brown rice / Stir fry veg. WW bread Pudding ALTERNATIVE Macaroni &amp; cheese/salad</p>	<p><b>2</b> Independence Day BBQ Silsbee Street 11 a.m. ticketed event</p>	<p><b>3</b> Chicken on a bun Baked Beans Corn Chocolate chip cookie</p>	<p><b>4</b> HOLIDAY NO MEAL SERVICE</p>
<p><b>7</b> Cheese lasagna/tomato sauce Spinach Muffin, Pudding ALTERNATIVE 3-bean chili</p>	<p><b>8</b> Roast pork loin/gravy Whipped potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Ziti/marinara sauce</p>	<p><b>9</b> Lemon &amp; garlic chicken Candied yams Cauliflower WW bread Cookie ALTERNATIVE Curried beef</p>	<p><b>10</b> Chicken Caesar salad Pasta salad Italian bread Fresh fruit ALTERNATIVE Pork chops/gravy</p>	<p><b>11</b> Beef stew Beets WW bread Fresh fruit ALTERNATIVE Caribbean chicken</p>
<p><b>14</b> Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Veggie burger/roll</p>	<p><b>15</b> Cheese ravioli/meat sauce Garden salad/dressing Italian bread Cookie ALTERNATIVE Tilapia/cilantro salsa</p>	<p><b>16</b> Latin style roast pork/ gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Eggplant parm/marinara sauce</p>	<p><b>17</b> Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Mediterranean hummus wrap</p>	<p><b>18</b> Salmon/dill sauce Yellow rice Green peas WW bread Fresh fruit ALTERNATIVE WW cheese pizza</p>
<p><b>21</b> Chicken picatta Whipped potatoes Italian blend vegetables Italian bread Pudding ALTERNATIVE Cerdo asado (pork)</p>	<p><b>22</b> Turkey pasta primavera Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Stewed goat</p>	<p><b>23</b> Stuffed shells/marinara sauce Broccoli WW bread Fresh fruit ALTERNATIVE Caribbean style beef</p>	<p><b>24</b> Lemon pepper pork Black eyed peas &amp; brown rice Garden salad/dressing WW bread Cookie ALTERNATIVE Arroz con pollo (chicken)</p>	<p><b>25</b> Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE Oxtail/sauce</p>
<p><b>28</b> Crispy baked fish Sweet potato wedges Italian blend vegetables WW bread Chilled peaches ALTERNATIVE Jerk chicken</p>	<p><b>29</b> Macaroni &amp; cheese Garden salad/dressing Wheat roll Pudding ALTERNATIVE Latin style pork/gravy</p>	<p><b>30</b> Roast turkey/gravy Vegetable rice pilaf California blend vegetables WW bread Cake ALTERNATIVE Salmao brasileiro (salmon)</p>	<p><b>31</b> Chicken parmesan/sauce Penne pasta Garden salad/dressing Italian bread Freshf ruit ALTERNATIVE Egg salad/bulkie roll</p>	<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>

# SENIOR CENTER ACTIVITIES • JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S. (Taking Off Pounds Sensibly)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

## OLYMPIA SQUARE APARTMENTS

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ADAPTIVE

## CASINO TRIPS

Departs from Lynn  
Senior Center

### Foxwoods \$27

7 am - 6:30 pm

Tuesdays: July 15, Aug. 19,  
Sept. 16, Oct. 21 & Nov. 18

### Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.

Sign up in person at the senior center. OR  
Mail in your registration and check.

*Bonus package:*

*\$10 food coupon for retail food vendors  
or free buffet*

*Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.  
Remember to bring your rewards card!*



Casino Trips from Revere

### Mohegan Sun \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

July 8 & 22; Aug. 5  
& 19; Sept. 2, 16 &  
30; Oct. 14 & 28;  
Nov. 11 & 25; Dec.  
9 & 23

### Twin River \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

July 3, 17 & 31; Aug.  
14 & 28; Sept. 11 &  
25; Oct. 9 & 23; Nov.  
6 & 20; Dec. 4 & 18



Casino Trips from **REVERE!**

**Now Express!! Straight run - no stops!**

**Call Elaine at 781-289-6144  
for reservation, questions, and  
pick up location/parking.**

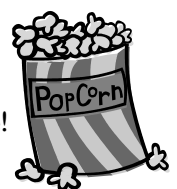
## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

July 2	(No Movie due to BBQ)			
July 9	Lee Daniel's The Butler	2013	PG-13	113 min
July 16	Captain America	2011	PG-13	125 min
July 23	Yankee Doodle Dandy	1942	NR	126 min
July 30	Saving Mr. Banks	2013	PG-13	125 min



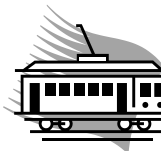
Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



## Day Trip to Provincetown

**\$10 per person**

Coffee and donuts at senior center @	5:30 a.m.
Leaves Lynn Senior Center promptly @	6:00 a.m.
Approximate arrival time in Provincetown	9:00 a.m.
Trolley Tour on own every ½ hour from Town Hall	
Leave Provincetown promptly @	2:00 p.m.
Approximate arrival time in Lynn	5:30 p.m.



\*Participants for this trip must be independent, and understand this trip is a long day with a lot of walking. Shaded areas are available with benches. All meals are on your own-ATMS available. We will make quick rest area stops on the way down and way back.

Suggestions for this trip: Pack sunscreen or an umbrella. Wear good walking shoes. Pack light jacket and hat. Bring a water bottle.

Visit many quaint gift shops and souvenir stores or art galleries!

Sit on the pier or a bench and have an ice cream!

Most importantly, be at the pick up at 2 pm!

The Lynn Council on Aging reserves the right to refuse any senior the right to travel if they feel it is too risky or inappropriate for any reason.

## Ford School Garden Party!

**Join the kids and experience a fresh salad from their garden with your picnic lunch. Exchange stories, play games and tour the beautiful garden! First come /first serve - 12 seats only available. Participants in this program must already be a volunteer with a Cori on file.**

**Mon, July 21 10:30 am**

**Mon, Aug 4<sup>th</sup> 10:30 am**

## T.O.P.S.

**Taking Off Pounds Sensibly**      **Supportive weight loss group**

Meets here every Tuesday 10 a.m.    \$27 fee annually

Check it out, see if it's for you!

## Welcome...

Welcome... Mary Marino from Mary's Affordable Hearing Aids. She will be our hearing specialist on the last Tuesday of every month.

No appointment needed. This clinic will be held in the Fireplace Lounge in the senior center. **Free Hearing Exams!**



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## Wellness Watch July 2014

### Seasonal Allergies

Many allergy sufferers breathe a sigh of relief when the colder weather settles in, but for others, allergy symptoms flair. Summer, Spring and Fall are the seasons when we hear the most talk about allergies. During these seasons we are exposed to many irritants in the outdoor environment. Plants, trees, flowers, and grasses begin to grow. The air we breathe is filled with pollen, spores, and seed casings. These are potential irritants to our body and are capable of causing an allergic reaction. Often time's people who have reactions to plant products are said to have "Hay Fever." Animals are also capable of spreading potentially irritating substances in our environment. Animal dander and fur can cause allergic reactions in any season.

Winter allergies are more likely to be due to irritants in our indoor environment. When the weather is cold we tend to stay indoors. This increases our dust, mold, and pet dander exposure. Determining if you have winter allergies can be difficult as cold and flu illnesses also increase in the winter. When you experience the onset of a mind-numbing, nose-running, potentially exhausting illness it is important to assess your symptoms. Colds and flu are viral illnesses. They can be accompanied by aches and pains, coughing, fever, and sore throat. Duration is usually not longer than 10 days. Allergic reactions are not usually accompanied by fever, pain and sore throat but will result in itchy, irritated eyes. Both involve runny nose, stuffiness, and sneezing. Assess your symptoms and seek appropriate treatment from your physician.

## Simmons College Nursing Students

**Free** workshops events at the Lynn Senior Center.

### TUESDAYS

10 am

- |                         |   |
|-------------------------|---|
| July 1 <sup>st</sup> :  | Foot care clinic<br>Come enjoy a foot soak and foot care education  |
| July 8 <sup>th</sup> :  | Women's Health Day<br>Learn about breast exams, skin cancer awareness and screening,<br>Blood pressure and diabetes                               |
| July 15 <sup>th</sup> : | Summer Health Fair<br>Quiz bowl, prizes Assess your Health knowledge, Skin cancer awareness, smoking cessation,<br>Blood pressure and Blood sugar |

## Medicare Appeals

If you disagree with a decision made by Medicare, you have the right to appeal. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845.

# The Price is Right

P	R	I	C	I	N	G	G	A	M	E	S	U	W	Z	P	L
C	Y	O	N	W	O	D	N	O	E	M	O	C	I	U	U	E
S	H	O	W	C	A	S	E	S	H	O	W	D	O	W	N	E
T	H	R	E	E	S	T	R	I	K	E	S	X	Z	U	C	H
O	E	N	B	G	N	I	D	D	I	B	I	Q	E	I	H	W
D	R	Y	O	R	E	K	R	A	B	B	O	B	X	B	A	E
X	T	N	E	M	A	G	K	C	O	L	C	V	D	O	B	H
T	H	G	I	R	S	I	E	C	I	R	P	E	H	T	U	T
T	H	I	R	T	Y	F	I	V	E	X	N	O	I	Y	N	N
S	R	E	K	C	A	R	C	E	F	A	S	E	V	T	C	I
J	N	J	H	O	L	E	I	N	O	N	E	M	D	C	H	P
D	R	E	W	C	A	R	E	Y	R	M	O	D	E	L	S	S
E	O	P	F	E	M	A	G	E	C	I	D	P	N	O	O	G
R	A	C	E	G	A	M	E	O	K	N	I	L	P	E	D	G

**The Price is Right**

**Bob Barker**

**Drew Carey**

**bidding**

**Spin the Wheel**

**Showcase Showdown**

**models**

**Come on down!**

**Pricing Games**

**Clock Game**

**Plinko**

**Dice Game**

**Punch a Bunch**

**Race Game**

**Safe Crackers**

**Three Strikes**

**Hole in One**

**Golden Road**



## *The Kiosk for Living Well*



### **Potato Salad Anyone?**

Come to the Kiosk for Living Well anytime during the month of July and go on a virtual picnic with us! We want your stories of picnics when you were a child and we want to find out what your favorite picnic dishes have been over the years. Bring a favorite picnic recipe to share and photos of recent or long -ago picnics and have them scanned. We'll play trivia games about picnics (really!) and use the computer to zoom into your most memorable picnic locations. We'll also look up recipes and picnic destinations so you can plan your next picnic -- even if it's in your own back yard!

*The Kiosk for Living Well* is open every **Tuesday from 10:00-Noon**. If those times don't work for you consider taking an **exercise class on Tuesdays or Wednesdays from 12:30-1:30!**



## **ICE CREAM!!!**

Celebrate the summer with us! Bus leaves Senior Center at 11:30 am. Enjoy lunch first in the congregate lunch site then head out for ice cream! Reserve your seat, \$2 bus.

Thursday, July 3 <sup>rd</sup>	Kelly's Crème	Lynn
Monday, July 14 <sup>th</sup>	Richardson's	Middleton
Thursday, July 17 <sup>th</sup>	Chandler's	Peabody
Tuesday, July 22 <sup>nd</sup>	Treadwell's	Peabody
Friday, July 25 <sup>th</sup>	Banana Boat	Revere
Wednesday, July 30 <sup>th</sup>	Cherry Farm	Danvers



## **Thank you!!**

Many thanks to Element Care for making our Independence Day BBQ extra special by donating the ice cream sandwiches. To learn more about Element Care (formerly known as Elder Service Plan of the North Shore, PACE), see a staff member for an information packet and we will connect you with a referral and tour.

Special thanks to All Care of Lynn for sponsoring our entertainment for the BBQ. All Care offers visiting nursing care and home care services, private services, hospice services and an adult day health program. All Care brochures are available in the Vince Li-que Resource Library or see a staff member for a direct referral.

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation  
~Sophie Karampoulis



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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Donated by: \_\_\_\_\_

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## Hair Salon

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

### MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLASS CLINIC

July 1st  
10:00 am—11:00 am  
By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

July 8th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

July 29th  
9:00 am—11:00 am

### PODIATRIST

July 10th & July 31st  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm  
Call for an appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

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U.S. POSTAGE  
**PAID**  
LYNN, MA  
PERMIT NO. 56